

Our INSPIRATION With Prekese GhanaMedia- "FUFU" Meal and What It Teaches Us

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Dear Friends and Fans,



How are you all doing? We hope everyone is doing well. As part of our sharing, we are bringing you the Ghanaian experience on Facebook. Fufu is a Ghanaian staple and is enjoyed by both the rich and the poor. Below is our inspiration message we shared with our friends this morning on Facebook:

"HOW ARE U DOING? WE HOPE ALL IS FINE WITH EVERYONE.
TODAY OUR INSPIRATION IS TAKEN FROM THIS FUFU PHOTO.
WHAT DO U FIND MISSING FROM THIS MEAL?
THE SOUP! RIGHT!

OUR LIVES IS LIKE POUNDED FUFU READY TO BE EATEN.....THE ONLY WAY TO MAKE THE MEAL COMPLETE IS TO ADD THE SOUP.....IN SOME HOMES, A SIMPLE LIGHT SOUP (NKRakra) IS OKAY, IN SOME FAMILIES, MEAT RICH PEANUT/GROUNDNUT SOUP OR AB3 NKWAN IS OKAY.....WE CAN LEARN TO LIVE OUR LIVES ACCORDING TO OUR MEANS.....WE SHOULD AVOID COMPARING OURSELVES TO OUR FRIENDS OR . THERE WILL ALWAYS BE SOMEONE BETTER THAN US, AND SOMEONE LOWER THAN US IN TERMS OF QUALITY OF LIFE.....

OUR ADVICE TO ALL OF US IS TO LIVE RESPONSIBLE SINCERE QUALITY LIFE WORTHY OF EMULATION.....

LIKE GYADU AMBULEY SAYS IN HIS MUSIC TRACK....." FA NO DAMAARA"HE ADVISES ALL AND SUNDRY TO BE CONTENT WITH THE WAY WE ARE.....

BE BLESSED FRIENDS."

Commentary:

It is very important that we take note of these important lessons from an ordinary fufu. As a staple enjoyed in all over West Africa and some parts in the Caribbean and Brazil, we want to encourage readers to think beyond simply preparing or eating fufu. First, when prepared naturally as it is done in the villages, it connects us to our history where our elders and ancestors started making such succulent meals. Secondary, it brings unity as the food is mostly enjoyed when it is prepared and enjoyed by two or more people. Do you remember the Secondary school days when we used to pool resources and cook fufu? The sharing of roles and responsibility in it's preparation are also noted as lessons. Today, fufu offers us an alternative meal to the genetically enhanced foods that we are eating and is killing us softly. In fufu, we eat natural foods that are not only beneficial to our health but support the environment. Fufu when prepared naturally or in the traditional way with pestle and mortar offer us free gym class to make the pounder healthy. Pounding fufu teaches us how to stay focus in life for any distraction when pounding fufu with a pestle will result in an accident. You can brainstorm your own lessons from fufu as you read this article, please share them as comments.

Finally, Fufu teaches us to live our lives or live within our means. In other words, "Dza ewo biara fa no damaara" as Ghanaian super star highlife musician, Gyedu Blay Ambulley says in his popular Afro-Jazz track, Fa No Damaara.

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